

AMENDMENTS TO THE CLAIMS

Please amend Claims 21, 30, 34-37 and cancel Claim 23-24 and Claim 31-33 without prejudice to the prosecution of the remaining claims. The status of the claims is as follows:

1-20. (Canceled)

21. (Currently Amended) A method for lessening the duration of the active labor and pushing stages of childbirth, said method comprising:

providing a birthing aide, said birthing aide comprising an elongated cord having a mother's end and an aide's end, wherein said mother's end comprises a handhold, and a pair of v-arms, each v-arm terminating in a wrist loop, and wherein said aide's end comprises at least one loop;

providing a source of resistance at said aide's end;

inserting a user's wrists through said wrist loops, and grasping said birthing aide in the vicinity of said handhold ~~knob~~; and

pulling against said source of resistance so that the force exerted by a user's abdominal muscles and uterine contractions is increased.

22. (Previously Presented) The method of claim 21, wherein said wrist loops provide a momentary but gradual decrease of tension elongated cord of the birthing aide in the event that the user suddenly and inadvertently releases the birthing aide.

23. (Canceled).

24. (Canceled).

25. (Previously Presented) The method of claim 21, wherein each of elongated cord, said mother's end and said aide's end, is made from rope.

26. (Previously Presented) The method of claim 25, wherein said rope is made from natural fibers, synthetic fibers, or a mixture thereof.

27. (Previously Presented) The method of claim 26, wherein said synthetic fiber is selected from the group consisting of nylons, polyesters, polyolefins, liquid crystal polymers, or mixtures thereof.

28. (Previously Presented) The method of claim 26, wherein said natural fiber is selected from the group consisting of cotton, jute, flax, hemp, abaca, sisal, or henequen.

29. (Previously Presented) A system for lessening the duration of the active labor and pushing stages of childbirth, said system comprising:

a birthing aide, said birthing aide comprising an elongated cord having a mother's end and an aide's end, wherein said mother's end comprises a handhold knob, and a pair of v-arms, each v-arm terminating in a wrist loop, and wherein said aide's end comprises at least one loop;

a source of resistance at said aide's end;

wherein a user inserts her wrists through said wrist loops, and grasps said birthing aide in the vicinity of said handhold knob; and

wherein said user pulls said birthing aide against said source of resistance so that the force exerted by said user's abdominal muscles and by said user's uterine contractions is increased.

30. (Currently Amended) The system of claim 30, further comprising a tension step-down, wherein in the event that the user suddenly and inadvertently releases the birthing aide, said wrist loops provide a momentary but gradual decrease of tension on elongated cord of the birthing aide.

31. (Canceled).

32. (Cancelled).

33. (Cancelled).

34. (Currently Amended) The ~~method~~ system of claim 30, wherein each of elongated cord, said mother's end and said aide's end, are made from rope.

35. (Currently Amended) The ~~method~~ system of claim 36, wherein said rope is made from natural fibers, synthetic fibers, or a mixture thereof.

36. (Currently Amended) The ~~method~~ system of claim 37, wherein said synthetic fiber is selected from the group consisting of nylons, polyesters, polyolefins, liquid crystal polymers, or mixtures thereof.

37. (Currently Amended) The ~~method~~ system of claim 37, wherein said natural fiber is selected from the group consisting of cotton, jute, flax, hemp, abaca, sisal, or henequen.